

# Volunteering safely during COVID-19

## Safety First

Depending on the volunteer role you are interested in, there are important safety precautions to consider. Know how to protect yourself while volunteering during a pandemic.

Refer to [Toronto](#), [York](#) or [Peel](#) Public Health for guidelines.

We recommend **NOT** volunteering **in-person** if you or someone you live with are over 65 years old, have a compromised immune system or are affected by underlying medical conditions.

## Reflect and Research

### Ask yourself...

- What are my reasons for volunteering?
- What are my goals or needs?
- When am I available and for how long?
- What are my interests and passions?
- What skills do I want to use?

### Ask organizations...

- Do you support volunteers who speak my language?
- What safety measures are in place to protect me?
- Will I receive training for the volunteer role I select?
- If I have questions, who will be my direct supervisor?
- Can I get a certificate or letter of recognition?

Your volunteer centre will help you explore...

- Why you want to volunteer (the benefits of volunteering)
- Ways to volunteer (events, ongoing commitments, in-person, virtual)
- Current volunteering opportunities (organizations, roles, descriptions, application processes)

## What to Expect When You Apply

Don't be discouraged if you don't hear back immediately after submitting an application or request for more information. Though the need is great, it takes a lot of skill and time to coordinate volunteers. Organizations seeking volunteers may not be able to screen or respond to everyone within a few days, as they are still adapting to remote screening options. We recommend applying to several roles and checking back on the volunteer centre website regularly.

**Click on your region to get started!** *This service is offered in English only.*

**Peel**

**Toronto**

**York**

